

Below are the **DECEMBER 2017** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest



GLASSES.COM™

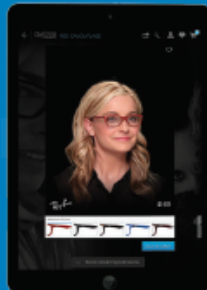
Use your benefits anytime, anywhere!

To make sure you get easy, convenient access to vision choices that best fit your lifestyle, we've added Glasses.com to our roster of thousands of independent providers and top optical retailers. This is great news for you, because **Surency Vision** members can now apply in-network vision benefits anytime, anywhere.

Get a realistic feel for how you'll look using digital try-on technology:



Use the Glasses.com app to create a 3D model of your face



See how thousands of styles look from any angle



Share on social media
Get the opinions of family and friends

At Glasses.com, you get:

- In-browsing benefit application - see what you'll pay for frames instantly while shopping
- A large selection of frames and lenses, with multi-focal or progressive prescriptions
- Free shipping on every order, including returns
- No claims to file
- Round-the-clock shopping

You must have a valid prescription from within the last 12 months in order to purchase prescription lenses online. Don't have an up-to-date prescription? Simply make an appointment by locating an eye doctor online through the Locate a Provider link at Surency.com or on the **Surency Vision** mobile app.



Download the Surency Vision app today for easy access to Glasses.com as well as your benefit information and additional perks!

Search the Apple App Store or Google Play for **Surency Vision**.



Cutting the Smartphone Cord

You won't find it in the Diagnostic and Statistical Manual of Mental Disorders (DSM), but "nomophobia," or "no-mobile-phone phobia," is a very real condition. People are attached to their smartphones more than ever. With smartphones playing such an important role in people's lives—including companionship in many cases—not having this device within reach can lead to "extreme tech anxiety."

Tips for a Digital Detox

- **Be aware:** Pay attention to your surroundings and how you feel when you're on your smartphone. Did you sneak away from a date or are you hiding in the bathroom stall at work or school to scan your Facebook or Twitter account? Are you checking your smartphone because you're bored, lonely or anxious? If so, you might be best suited by putting your smartphone down and finding a healthier activity.
- **Set rules:** Forcing yourself to face a complete digital detox may be an impossibility due to job or family reasons, but try to set clear rules about when you won't have your smartphone in your hands or near you, such as when the kids come home for school, during mealtimes or when you go to sleep.
- **Get help:** Decreasing your attachment to smartphones can be quite a challenge, so tell family and friends what you're trying to accomplish and ask for their support (and, if possible, to put their smartphones away when they're around you). If your smartphone addiction is negatively impacting your physical, mental or social health, you might consider seeking help from a therapist or support group.
- **Grab a book:** Many people seem to have forgotten that they can still obtain information without using the Internet. Put your smartphone away and spend a few hours at the library or bookstore and see how it feels to flip through the pages of a book or magazine.
- **Move around:** Instead of sending an e-mail or commenting on someone's latest social media post, set up a time to meet them in person. Or, if you're spending hours downloading fitness apps and surfing the Internet to see what exercises will help you get in shape, set down your smartphone, go outside and start moving.
- **There's an app for that:** If you're struggling to turn off your smartphone, there are apps that can shut them down for you at pre-determined times, such as when you're driving—which truly can be a life saver.

Living Simply: Simplify Your Life

In today's digital age, people are exposed to a vast number of choices and opportunities in all facets of life; choices about what to read, watch, listen to or purchase. The result is that people often are more distracted, confused and stressed by the increasing complexity of consumer choices and online social media activities. This topic addresses ways of prioritizing and simplifying your life through adopting a "digital mindfulness" approach. <https://register.gotowebinar.com/register/449059621467041027>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



Healthy for the Holidays

The holidays are almost here, which means it's time to prepare for a hectic season filled with family, food, parties, shopping and travel. All that activity can be stressful, and stress can make you and your family more prone to illness. Follow these tips to enjoy a healthy holiday.

- **Wash your hands.** It's the best, most effective way to prevent the spread of germs.
- **Get flu shots.** With all the stress and time pressure and erratic eating habits of the holidays, be sure to prepare now so you can avoid or minimize the effects of the flu.
- **Keep exercising.** Stick with your routine as much as you can and incorporate more exercise into your daily life. Park farther from the entrance at the mall and take the stairs at work.
- **Party smart.** Never go to a party hungry. Have a healthy snack, such as an apple and some cheese, ahead of time. That will help ensure that you don't overeat.
- **Travel smart.** If your holiday plans include travel, be sure to eat right and stay hydrated to avoid getting sick. Bring along water and healthy snacks and foods for long car and plane rides.
- **Give yourself a break.** The holidays are not the time to start a new diet or exercise plan. Keep up the good habits you have today and try to make the best choices on food and exercise.



30 DAYS LEFT to earn your 2018 HealthQuest Premium Incentive!

Employees and spouses enrolled in medical plans A and C, you have until Sunday, December 31, 2017 to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the premium incentive of \$480 for 2018. Log on to: <https://kansashealthquest.cernerwellness.com> to complete your Health Assessment and earn your total credits.



How do We Learn to Manage Our Stress?

Stress has a way of becoming chronic as the worries of everyday living weigh us down. Or perhaps you've become accustomed to stress in your life, and you allow whatever is currently the most stressful problem to dictate what you will do each day. Everyone needs pleasure, productivity, and creativity in their lives and chronic stress robs us of these.

Take a look at this continuum :

Stress Continuum

- 1 — I'm creatively and cheerfully engaged in life.
- 2 — I'm relaxed and expect to stay this way.
- 3-5 — I can handle stresses and think of positive solutions to my challenges.
- 6-7 — I'm moderately irritable, anxious, or overwhelmed, and stresses feel burdensome.
- 8 — My problems seem unsolvable. Many things are irritating or upsetting me.
- 9 — Help! I'm about to lose it!
- 10 — I have chart-topping negative emotions.

Where do you put yourself now? How do you know when you've passed the moderate point? Identify for yourself the small changes you can detect in your mood as you move up the continuum. This may take a few days of observing yourself, but if you are like most people, (and chances are good that you are!) your stress level will climb in a predictable pattern. If you take time to learn your emotional cues, you can learn to regulate your stress so that you spend more of your time in the "low zone" (at numbers 1-5).



Activate your benefit today at reg.rxss.co

Take Rx Savings Solutions to the doc, pharmacy ... or anywhere

Want to look up a medication your doctor just prescribed you? Are there lower-cost options available? Where's the nearest in-network pharmacy?

Now you can get your answers before you leave the office visit—or even while talking with your physician. The Rx Savings Solutions mobile app puts the power of our solution into your mobile device, so you can be armed with valuable information wherever you go.

Registration only takes a minute: Search for the “Rx Savings Solutions” app on Google Play, Apple’s App Store or access online at reg.rxss.co.